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Mayor of Newry & Mourne District Council Michael Rouane and Council Officer Paddy Duffy get ready to welcome the world's top cyclists to the District for the Giro D'Italia Cycle Race on May 11th. FULL DETAILS on Page23

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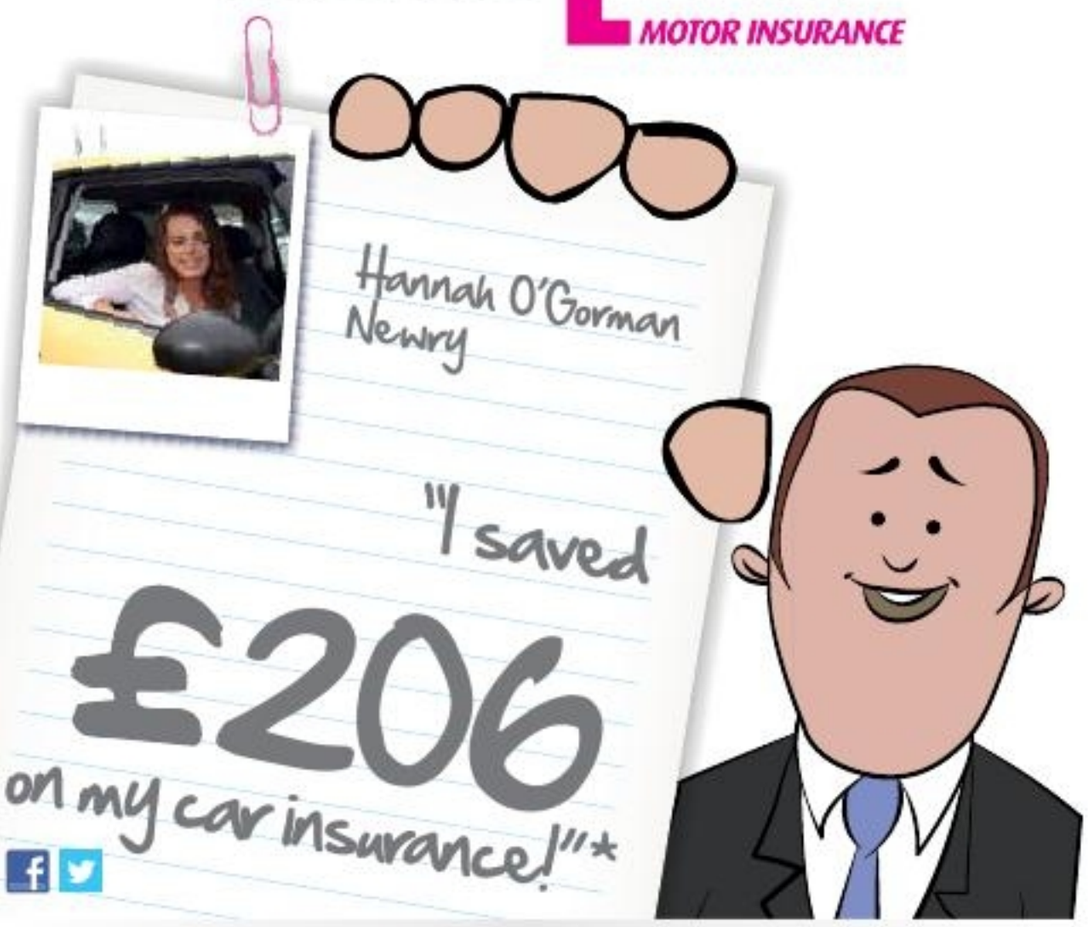

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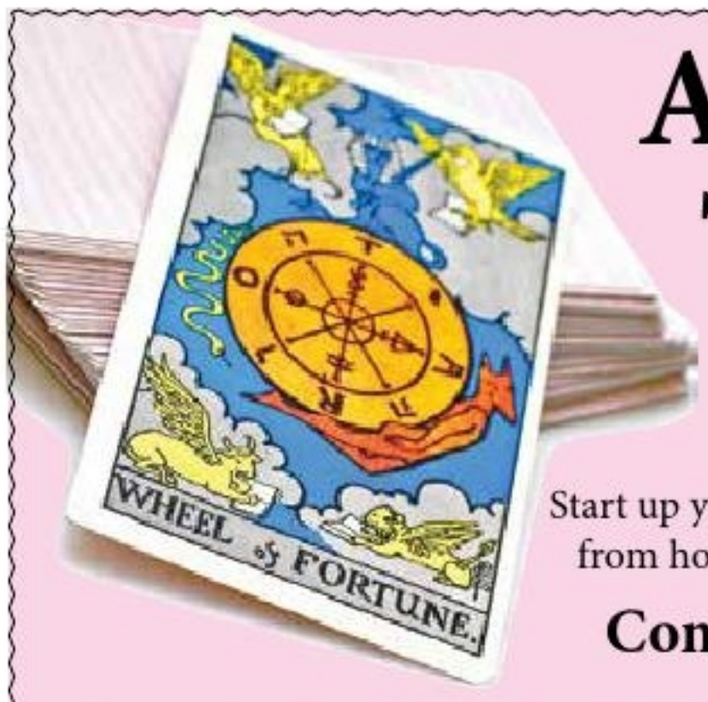

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Kellys Golf Centre is open all year round, and after another exciting Junior Winter League, congratulations to the winner Rian Carvill, who beat Matthew Lynch by only 10 points, with Rian's brother Daire coming a creditable third. The Junior Summer League is now under way, and since Rian has now won the 2012/13 Winter League, the 2013 Summer League, and now the 2013/14 Winter League, all the participants will be battling to make sure Rian doesn't get four in a row. For those of you who have not witnessed these children playing golf, you should go along any Saturday morning to see them play and be prepared to be amazed. All new children are welcome, so phone into the shop or go down to Kellys Golf Centre any Saturday morning at 10:14am to enter.

Winners of the Junior Winter League. L-R Matthew Lynch (2nd), Rian Carvill (1st) and Daire Carvill (3rd).

Pictured with resident PGA Professional Dougie Bell is one of the groups of girls who took part in the ILGU Taster Day at Kellys Golf Centre, Saturday 5th April 2014.

Kelly's Golf Centre are currently running a number of different promotions. Every Tuesday evening there is a longest drive competition - at time of going to press, Colm Campbell junior holds the record, smashing 250 yards against a strong wind. Every Thursday from 6pm all customers can hit as many balls as they want in the Driving Range for only £8! If that isn't enough, there is also a closest to the pin competition every Friday between 5-7pm, which James Kelly wins regularly.

Also, every Saturday between 1-2pm there are ongoing junior lessons which are priced at £25 for 6 weeks. All new kids are welcome.

Like and share Kellys Golf Centre on Facebook to keep up-to-date with their exclusive promotions and events.

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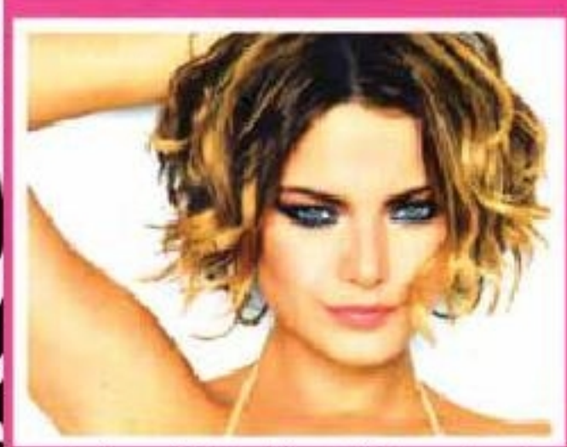

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"I now see life in full HD!" **Pamela Ballantine** *undergoes life-changing eye treatment*

In my line of work, I am so reliant upon my vision, my reading and ultimately my eyes. So needless to say, they are very important to me. My biggest problem was my reading vision really wasn't great and neither was my distance vision but I had coped by using my contact lenses.

I had considered Laser Eye Treatment for some time, but had never got around to it. However a friend of mine recommended Optilase, facing the City Hall in Belfast, and suggested I should go for a Consultation.

When I heard that the Kamra treatment was exclusive to Optilase in NI and Optilase were the number one provider in Europe and 2nd in the world in terms of completed treatments, I was greatly reassured and this made my decision to visit an easy one.

After speaking to Optilase and answering some simple questions, I had booked my Consultation. First step taken then!!

My initial Consultation was around an hour long. So I went along to the Flagship Clinic and Surgery Centre, opposite Belfast's City Hall. The Clinic was like being at a 5 Star hotel! The staff were absolutely tremendous and I was immediately completely at ease. Bring it on, I thought!

So, after a coffee, (which might I add, was excellent), I filled out a simple form, and met my Optometrist who would be looking after me for the next hour. He was very reassuring and answered some of my very silly questions. I was completely put at ease.

He explained how the Consultation would proceed and took me for some scans and pictures of my eye. I confessed to doing some homework on the technology that Optilase use and felt very informed and completely reassured throughout the process.

A big thing for me also was the reassurance of the Optilase Lifetime Care Guarantee – basically Optilase look after and treat my vision for the rest of my days, even if I needed to be re-treated further down the line, at no extra cost!

After the scans and eye test, it was time for the big result – and I was absolutely delighted to hear that I was suitable for Treatment. Hurrah!! By now I really wanted it done and I was shown the potential about how good my vision could be afterwards. I really wanted complete freedom from those cumbersome glasses.

So two weeks later the big day came – and I approached this with some confidence, however I must admit that the day before surgery I was a bit nervous. The morning of surgery I was still a bit anxious but I needn't have been.

I then met with the Surgeon (for which there is also no fee) Medical Director Dr. Wayne Crewe-Brown. He has performed more than 40,000 of these treatments and he talked me through my different treatment options. I spent over half an hour with Dr. Crewe–Brown and felt completely reassured at the end of my Pre-Op. I opted for the KAMRA Treatment, with laser – exactly as the Surgeon had described and recommended to me. This would give me my near and distance vision and would do away with glasses altogether!

Pamela Ballantine with Wayne Crewe-Brown and the Optilase Team at Optilase Belfast

The actual surgery itself was over within minutes and I quickly realised there was no reason for me to have been nervous. The Surgeon was fantastic and talked me through each part of the procedure - the Nursing and Care team were second to none. There was no pain whatsoever during surgery - a question I have been asked by almost everyone I have met since the surgery, as there are so many myths out there about laser eye treatments.

This is the best decision I have ever made, I now see life in full HD!

After surgery my eyes were tender initially, a sensation I compared to the experience you have after cutting raw onions. My eyes were watering all the way home and I had to wear black sunglasses to protect them, although the staff did advise me that I would be light sensitive straight away as my 'new eyes' got used to light again.

Following the advice from the team at Optilase I went home and relaxed - when I woke in the morning life had taken on a whole new perspective. Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic and I was more than a bit emotional – I don't mind admitting. My near vision sett

led and dramatically improved after the next few days. Just out of habit I even reached for my glasses (trust me; it takes a while before you will break that habit). If I had some advice for anyone out there who wears specs, get it done – and get it done now! If only I had it done years ago……

My advice? Find out if you can have it done – if you are suitable, find a way to have treatment – it will change your life……I'm glad I did!!

To book your free consultation contact Optilase on 08000 121 565 or visit www.optilase.co.uk

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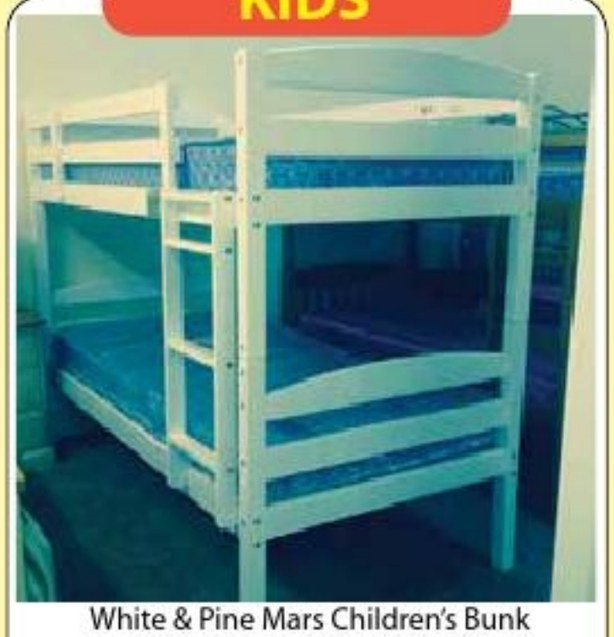

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UNDERSTANDING ANXIETY, OVERWHELM AND PANIC

Anxiety results from our body's overuse of an ancient mechanism, the 'fight or flight' response, designed to save our distant ancestors from the threat of attack. The emotional part of the brain, having detected the threat, produces hormones, particularly adrenalin, which prepares the body for serious action.

Unfortunately, our brains still use this mechanism to deal with every day "threats", such as an over-demanding boss/partner, a difficult relationship, financial pressures, sub-conscious memories of a

Paul Grant

previous panic attack etc. In such cases the stress may be persistent, so the ancient mechanism continues to keep the body in an unnecessary state of high alert.

The muscles are tense, the heart races, breathing is fast and shallow. It may be accompanied by sweating, palpitations, chest tightness, headaches, sickness etc. These can lead to a fear of collapse, of "going crazy," of complete overwhelm, of having a heart attack or a brain haemorrhage. These thoughts lead to more fear, more overwhelm and a less and less productive life. But these thoughts are untrue. The sufferer is just suffering from adrenalin overload! People can learn to control this and so recover quickly and completely.

ADRENALIN TOXICITY- THE CAUSE AND THE SOLUTION

When the reptilian brain is triggered by fear, we become stupid, like the "rabbit caught in the headlights of a car". To live a healthy life, we must stop the brain producing excess adrenalin. The initial solution therefore, irrespective of the cause our anxiety, is always to decrease the production of adrenalin by calming the nervous system. Modern brain science has provided simple solutions for staying calm including: Breathing - Making the out-breaths 1/3 longer than the in-breath; Exercise - 30 minutes 5 times per week. The therapist uses other powerful tools including cognitive and behavioural exercises, guided-imagery and the "Rewind Technique" which quickly disables obsessive worries.

If you are concerned about the levels of stress or anxiety you are experiencing in your life, consider making an appointment with Paul Grant. Paul is a qualified Human Givens Psychotherapist. As a Consultant Psychotherapist he runs a private therapy practice from The Newry Clinic, Windsor Hill, of the Belfast Road. The confidential therapy sessions with Paul last 1 hour 15 minutes. Paul works daily with patients who are depressed, anxious, stressed, addicted, suicidal, experiencing relationship difficulties, have phobias or panic attacks. To make an appointment call Paul on 077 3973 1424.

For more information see www.paulgranthgtherapy.com

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Local Government Elections Thursday, May 22nd

YOUR LOCAL TEAM

DEAR VOTER,

Thursday, May 22nd will see elections to the new so-called 'Super' Council.
After one year in shadow form the new Newry, Mourne & Down District Council will replace the existing two councils.

This will mean a much larger council with additional responsibilities, particularly in the area of planning.

The new set-up presents both opportunities and challenges for the citizens of Newry, Crotlieve and Slieve Gullion.
It is important that a strong case is made to maintain Newry as an economic, cultural and sporting hub. Equally it is important that similar needs, including those of the farming, rural and shipping communities in the towns, villages and hinterlands of Crotlieve and Slieve Gullion are met.

This is why we believe it is vital to have a strong and professional local SDLP team on the new council.

On Thursday, May 22nd we ask you to give your support to our vision for the new council and its people and **VOTE SDLP 1,2,3,4 etc., as advised locally.**

Michael CARR

DECLAN MCATEER

CROTLIEVE

VOTE SDLP

SDLP
Social Democratic and Labour Party

1,2,3,4

AS ADVISED LOCALLY

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The Giro d'Italia comes to South Armagh

One of the world's greatest sporting spectacles is coming to Northern Ireland and South Armagh will be at the heart of it. The Giro D'Italia, which ranks alongside the Tour de France as one of cycling's leading grand tours, kicks off its Grande Partenza (Big Start) in Belfast on May 9th and arrives in South Armagh on May 11th. This will be the eleventh time the world famous race stages its Big Start outside Italy.

The world is watching - The biggest single event ever hosted in Northern Ireland, the Giro's Big Start will be watched by over 140,000 people along the route with a further 590 million people in 174 countries watching on television. Over 200 of the best cyclists in the world will be battling out these first three stages of the race.

The Giro was established in 1909 and includes cycling legends such as Eddy Merckx and Felice Gimondi in its Hall of Fame. The latest to be inducted, Stephen Roche, was the first Irishman to win the race. He describes the Giro as a, "once-in-a-lifetime opportunity for people in Northern Ireland to witness an event like this at such close quarters."

VILLAGES OF SOUTH ARMAGH

The first stage will be a 21.7 km time trial around the streets of Belfast, followed by a 218 km road race from Belfast to the beautiful Causeway Coast and back. On May 11th the cyclists head off on Stage Three, from Armagh, the city of the two cathedrals, founded by St Patrick. The route will take them through the Fews Forest and the South Armagh villages of Newtownhamilton, Belleek, Lislea and Forkhill, before heading to Dublin and the plane to Italy, where the race will conclude in Trieste on June 1st.

In South Armagh, the cyclists will be travelling through some of the most beautiful scenery in Ireland, including the spectacular Ring of Gullion, a series of hills formed by volcanic activity millions of years ago. It is hardly surprising that it has been designated an Area of Outstanding Natural Beauty. At the heart of the Ring of Gullion stands the mystical Slieve Gullion, the source of several powerful Irish myths. Rich in folklore, traditional music and storytelling, the area is also a paradise for lovers of the great outdoors, with fantastic angling, walking, golfing, cycling and horse riding available.

There will be numerous special events and celebrations along the Giro route, many themed in pink, the colour of the overall leader's jersey (Maglia Rosa). South Armagh will be joining in with lots of family fun, starting at the village of Newtownhamilton, which the cyclists are expected to reach around 1pm on May 11th. An official spectating area is being set up at the Commons Newtownhamilton, Village Green Belleek, The Mountain House, Lislea Community Centre and The Forge Forkhill and Forkhill Village. There will be family entertainment on offer at the spectating points on the day.

Spectators are reminded to get to the viewing points early as all roads in the race area will be closed between 10am and 2pm.

Giro d'Italia

Sunday 11th May 2014

COMHAIRLE AN IÚIR AGUS MHURN
NEWRY AND MOURNE DISTRICT COUNCIL

www.visitmournemountains.co.uk

What is the Giro d'Italia?

The Giro d'Italia is a long distance, multi-stage bicycle road race for professional cyclists and is one of the world's most prestigious sporting events, and is one of the European cycling calendar's three Grand Tours, along with the Tour de France and Vuelta a España. The Giro d'Italia is held primarily in Italy, over a three-week period in May and June each year, however every other year its opening stages are held outside its home country of Italy.
This year Northern Ireland will host the opening stages and on day 3, The Giro will travel through the South Armagh villages of Newtownhamilton, Belleek, Lislea and Forkhill en route to Dublin.

Official spectating area:
The Commons, Newtownhamilton
The Village Green, Belleek
The Mountain House
Lislea Community Centre
The Forge, Forkhill

Fun activities will take place at the various spectating areas to keep the whole family entertained.

It is estimated that the cyclists will travel through Newtownhamilton at approximately 1.00pm

Roads will be closed from 10.00am - 2.00pm to facilitate the cycle race.
If you wish to spectate and experience the Giro d'Italia travel through our local area it is adviseable to get to one of the spectating areas as early as you can !

facebook / Newry and Mourne Tourism

Giro d'Italia

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Sunday 4th May 2014 at 1.00pm

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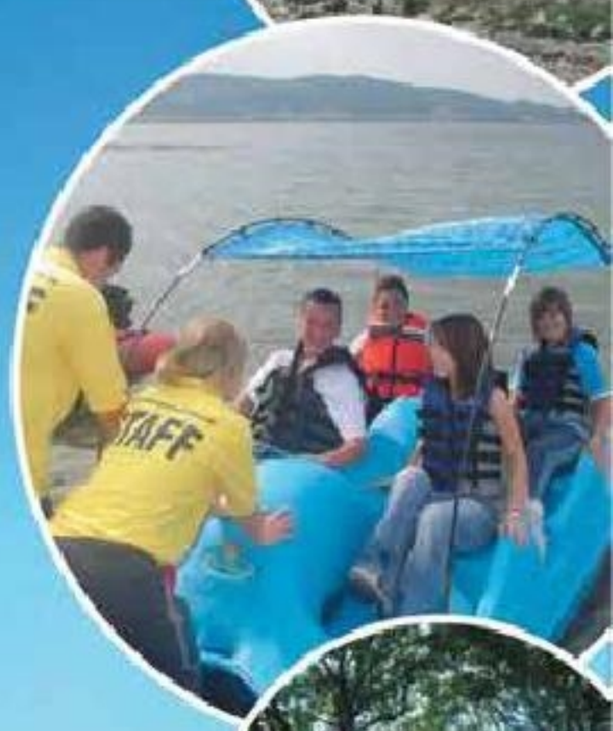

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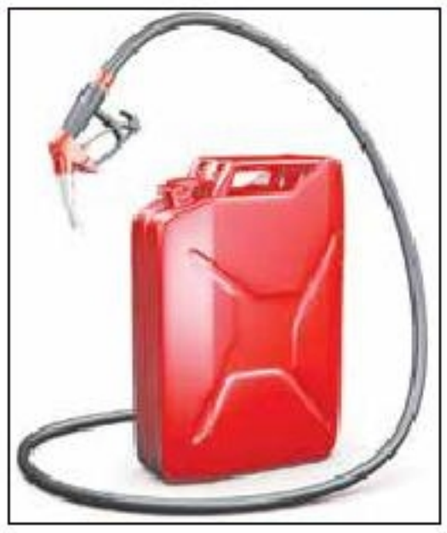

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